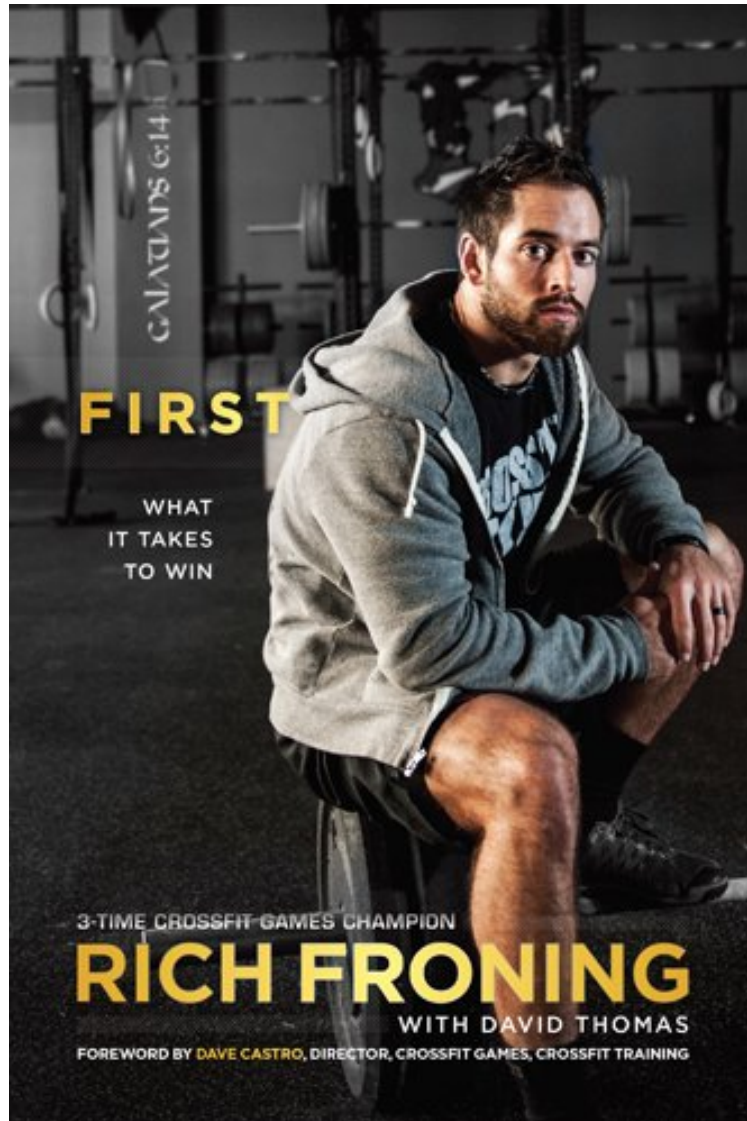


[PDF] First: What It Takes to Win (English Edition)

## First: What It Takes to Win (English Edition)

Von Rich Froning

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**Von Rich Froning : First: What It Takes to Win (English Edition)** before purchasing it in order to gage whether or not it would be worth my time, and all praised First: What It Takes to Win (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen1 von 1 Kunden fanden die folgende Rezension hilfreich. Lohnt sichVon Stefan vom DorpDas Buch hat mich gut unterhalten. Man muss jedoch wissen, dass man hier kein CrossFit-Buch sondern ein Buch eines CrossFit Athleten kauft. Er schreibt halt auch ganz gerne mal ber seine religise Verbindung zum Sport etc. was einen nerven kann wenn man mit Religion nichts am Hut hat. Wer aber Rich Froning kennt drfte darber nicht berrascht sein. Man erfahrt aber eine Menge ber das Denken und den Werdegang von Rich

Froning Jr.0 von 0 Kunden fanden die folgende Rezension hilfreich. Leicht verständlich bei viel Glaubenskundgebung Von Kunde Diese leichte Lektüre ist ein interessanter Blick hinter die Kulissen der Champions Rich Froning. Man wird hier nicht erwarten können Trainingspläne oder ähnliches vorzufinden. Vielmehr geht es um seine mentale Stärke. Zu dieser trägt sein starker Glaube, den er deutlich thematisiert. Leute, die sich wenig mit Glaube identifizieren können, können sich auf Dauer daran strengen. 1 von 1 Kunden fanden die folgende Rezension hilfreich. Seems like a child has written this book Von T. Abendroth I was curious to read the book about the supposedly best crossfitter. The story is interesting, the pictures nice, however the quality of writing not even mediocre. I think this was just a way to earn a bit of money (for the publisher mostly).

Kurzbeschreibung Physical Strength Can Only Take You So Far Reigning CrossFit World Champion Rich Froning is The Fittest Man on Earth. He's fast. He's strong. And he's incredibly disciplined. But it takes more than physical strength to compete and win at an elite level. It takes incredible mental and spiritual toughness as well. And it is the precise balance of all three that makes Rich Froning a champion. In First, readers come alongside Rich as he trains for and competes in back-to-back-to-back CrossFit World Championships. Along the way, Rich shares invaluable training tips, motivational techniques, and spiritual insights that, in keeping with the CrossFit philosophy, will prepare you to respond to any real-life physical, mental and spiritual challenge. Kurzbeschreibung Physical Strength Can Only Take You So Far Reigning CrossFit World Champion Rich Froning is The Fittest Man on Earth. He's fast. He's strong. And he's incredibly disciplined. But it takes more than physical strength to compete and win at an elite level. It takes incredible mental and spiritual toughness as well. And it is the precise balance of all three that makes Rich Froning a champion. In First, readers come alongside Rich as he trains for and competes in back-to-back-to-back CrossFit World Championships. Along the way, Rich shares invaluable training tips, motivational techniques, and spiritual insights that, in keeping with the CrossFit philosophy, will prepare you to respond to any real-life physical, mental and spiritual challenge. Buchrückseite What does it take to be the best? Strength. Endurance. Skill. Discipline. Those are the qualities that made Rich Froning a two-time CrossFit Games champion and earned him the title of "The Fittest Man on Earth." But it takes more than sheer physical strength to compete and win at an elite level. It takes incredible mental and spiritual toughness as well. And it is the precise balance of all three that makes Rich Froning a champion. In First, readers come alongside Rich as he competes in back-to-back-to-back CrossFit Games and get an inside look into the CrossFit phenomenon that is sweeping the world as well as a personal glimpse into the life of the down-to-earth champion. From the infamous rope climb that cost him the title in 2010 through his subsequent wins in 2011 and 2012, Rich shares invaluable lessons, priorities, and insights that have transformed his life and career and ultimately underscore what CrossFit is all about. Most important, Rich shares the secret to his own success both in and out of the gym: when God comes first, everything else falls into place.